

FILTH, SOURCE OF ALL ILLS; BATH, A HOLY, DIVINE THING, SCIENTIST TELLS THE WOMEN

By RUTH MONRO AUGUR.

"A LL deaths of human beings under 90 years of age are due only to three causes—accidents, filth and disease," asserted W. M. Martin, of the Rockefeller Foundation, at the sanitation meeting of the civic department of the Woman's club, Wednesday afternoon, in the club building. "Filth is the origin of every disease known. Therefore the time is soon coming when a person, allowing himself to become sick, will be taken before a court and fined for a criminal offense," continued Mr. Martin. "We are dying by hundreds and thousands because we do not understand the eternal internal and external use of water. Every person should take at least three baths a week, ten would be better. A home without a bath and more preferably a shower, is a menace to the community. Pure water, fresh air, food in its right combinations and exercise are the requisites of health. Thousands of people have died because they failed to follow these principles. Every person should walk at least five miles a day to keep well and young. These things all sound like ordinary every day sort of maxims, but it has taken the people of America 200 years to wake up to the truth of them, and the people of Europe even longer," said Mr. Martin.

Praise almost amounting to eulogy, was bestowed by Mr. Martin upon the scientific knowledge and research of the medical corps of the United States army, which Mr. Martin said, had accomplished more in the past 12 years since the close of the Spanish-American war, in the prevention and extermination of disease, than all the combined science of the European nations, Germany, France and Great Britain, had accomplished in 200 years of research. The greatest work of the medical corps of the regular army, Mr. Martin asserted, was the eradication of typhoid fever, of yellow fever, of smallpox and of hookworm, making it possible for white men to live in a tropical climate. "If it had not been that the army doctors demonstrated the ability to control yellow fever in Havana after the Spanish-American war, by the eradication of the mosquito, the construction of the Panama canal would have been an impossibility," he asserted. "The Panama canal is a standing demonstration of the control of disease."

Mr. Martin described briefly the experiments of Dr. Walter Reed, James Carroll and W. L. Henshaw, showing that yellow fever was only transmitted from one person to another through the bite of mosquitoes. Dr. Reed died of yellow fever from these experiments, but the theory of transmission by mosquitoes proved successful. In Havana, which for the past century and a half had averaged a death a day from yellow fever, the disease was absolutely stamped out. The deaths from the disease, which 25,000 of the inhabitants had died in one day of Asiatic cholera. The Bubonic plague was a common illness many cities of America, through the sanitation, enforced some times at the point of a bayonet. The army medical corps forced the army to the comprehension of the filth-mother the fact that filth and not God was the murderer of her children through filth and disease. Consequently the mortality of children, which before the American occupation of the islands, had been 24 percent of all babies under 12 months of age, was reduced at the end of seven years, to 20 percent.

"The control of typhoid fever in the army camps is another triumph of science and sanitation over filth," said Mr. Martin. "During the Spanish-American war, in the camp at Jacksonville, Florida, in 1898, among 10,000 men there were 2500 cases of typhoid and 1000 deaths from the disease. In the sending of the troops to patrol the border in 1911, compulsory vaccination for typhoid was required. Now, although typhoid fever was prevalent in the city, there was not one case among the soldiers. The disease, which 2000 soldiers were vaccinated, there were two cases. In San Antonio, where 12,000 troops were in camp, there were no cases," said Mr. Martin. "Of the men in the regular army the reports show that there averages but from one to three cases of typhoid."

"The discovery and control of the hook worm, which has been for years depleting the vitality of the people, is entirely due to the researches of Maj. Bailey K. Ashford, of the regular army medical corps," said Mr. Martin. "His discovery of the cure for it has revolutionized and regenerated physically the race of people in Porto Rico."

"The accomplishment of the prevention of disease through enforced sanitation, as exemplified by the military of the regular army, has made an earnest plea to the women to preach and practice cleanliness, to insist upon clean front and back yards, to insist upon the influence of sanitary surroundings for the children of the entire city. He explained at length the purpose of the Rockefeller Foundation, the Russell Sage Foundation and similar organizations for the betterment of humanity, and the work accomplished by these institutions. Mr. Martin's delivery was like the rapid fire of a machine gun.

Dr. C. C. Pierce, the senior officer of the public health bureau, who is in charge of the quarantine against typhoid on the border, talked on the quarantine and the methods employed for the prevention and extermination of the disease. He said that the quarantine would be a great benefit to the business interests of El Paso, because in Colorado, New Mexico, Arizona and California there have been places from El Paso, and naturally, the communities to which the disease had been brought, looked with disfavor upon El Paso. The fact of the quarantine and disinfection methods, being carried to other places and consequently removing the feeling against El Paso, Dr. Pierce urged every woman to see to the cleanliness of the Mexican labor employed about her home, saying that in this way she would not only be protecting herself and her family, but cooperating with the sanitary officers in the problem of educating the Mexican people in cleanliness.

Mrs. A. S. J. Eyer discussed the problems of the housewife and the relation of home economics to civic education. She urged the proper education of the child in domestic science in the public schools. To reduce the increasing cost of living, a diligent investigation on the part of every housewife of food stuffs and their values and the boycotting of excessively high priced products, was the only remedy, she said. She urged the budget system in preparing the family menu, on the scale of first the nutritive value of the food, second the amount of time required for its preparation and third, the palatability of the food. Mrs. Eyer especially recommended that all housewives send for the government bulletins concerning these subjects.

Mrs. Carl Lee Smith, the chairman of the civic department, presided at the meeting. She told of the problem in El Paso to see that the proper sanitary standard was maintained in the places of the city where food was handled and urged the people to patronize only the dairies, restaurants, bakeries and groceries that stood above the present in their grading by the sanitary inspector.

Opening the program and between words of the addresses, a number of violin solos were played by Miss Virginia L. Bean, with her mother, Mrs. V. L. Bean, accompanying her on the piano. Miss Bean played with her usual brilliancy and feeling and was warmly encouraged.

The Poppy Crochet and Embroidery club had a very enjoyable meeting Wednesday afternoon at the home of Mrs. Fred Dougherty on Wyoming street. A refreshment was served. The table was very prettily decorated with yellow jonquils and ferns. Hand painted and dressed poppy place cards and cunningly dressed poppy dolls were the center of the table. The hostess was assisted by Mrs. William Amesbury. In two weeks Mrs. W. C. Smith will entertain the club at her new home on East Boulevard.

Those present were W. C. Smith, William Amesbury, E. E. Taylor, L. P. McChesney, William Olson, George Chamberlain, H. C. Miller, Misses Helen Muschwhite and Elizabeth Taylor.

Mrs. A. J. Borcharding entertained the Ideal Social club at her home on North Stanton street. A brief business meeting was held, the first part of the afternoon and then a social time was enjoyed. Miss Velma Chonoweth entertained the guests with a number of piano solos. Refreshments were served. Among those present were Mesdames A. M. Fraser, Charles Fraser, M. E. Drew, A. R. Gere, Frank Payner, J. E. Campbell, J. A. Shannon, M. O. Stanton, W. A. Dobbit, W. H. Forbes, M. Lippman, Kate Bradford, S. M. Hyten, Claude Borcharding, Harry Borcharding, A. Odell, Misses Ruth Fox, of Illinois, and Grace James.

Mrs. Charles Heidrick was hostess to the members of the Wednesday Evening Crochet and Crochet club yesterday afternoon, at her home on San Antonio street. Bridge was played and a social time enjoyed, following which a two course luncheon was served. In addition to the regular members of the club, Mesdames George Hoffmann and A. V. Horn were present. Mrs. J. A. Jacoby will entertain the club next week.

Mrs. Charles Reese did not entertain the "I Refuse to Tell Club" on Wednesday afternoon, as the meetings have been indefinitely postponed, on account of the illness of some of the members.

Dances.
The usual dance will be given tonight in the West Yuletta club. A special dance will be given Friday night by the West Yuletta Country club, commencing at 8 o'clock. The band of this regiment will play the dance music.

The Seventy-ninth played the dance music for the weekly hop at the officers' club, Fort Bliss, Wednesday night. The affair was attended by a large number of army and El Paso people.

Much interest is being shown in the regimental dance to be given by the 79th Infantry at the Officers' Club, Wednesday evening in the Old Fellows' hall. The regimental band, under its efficient leader, Col. Edward Volkmuth, and Lieut. Col. Charles C. Weybrecht, assisted by Maj. Ralph G. Sayre, Frank G. Gerlach and Capt. Thomas J. Smith, will furnish the music. Col. Weybrecht of the national guard entertained Wednesday night with a dinner at the officers' club of Fort Bliss. The guests were Mr. and Mrs. L. L. Hall, Lieut. and Mrs. Betts, Lieut. and Mrs. David M. Miller, Lieut. and Mrs. V. G. Widdess, Lieut. and Mrs. Wynn, Capt. David, Lieut. Jones and Lieut. Hall.

Mrs. J. L. Van Keuren, of Lansing, Mich., who are the guests of Mr. and Mrs. C. A. Graham and Mr. and Mrs. T. W. Willard, are in the city. They are the guests of Mrs. Marie Tobias, who are the guests of Mrs. Marie Tobias, who are the guests of Mrs. Marie Tobias.

The honor guests, Mrs. and Mr. J. G. Barlow, Mr. and Mrs. Charles A. Brown, Mr. and Mrs. J. L. Gilchrist, Mr. and Mrs. S. Thompson, Mr. and Mrs. I. W. Foster, Mr. and Mrs. A. H. Anderson, Mr. and Mrs. H. Oliver, Lieut. and Mrs. G. L. Clark, Lieut. and Mrs. A. Patterson, Mr. and Mrs. J. G. Barlow, Mr. and Mrs. Charles A. Brown, Mr. and Mrs. J. L. Gilchrist, Mr. and Mrs. S. Thompson, Mr. and Mrs. I. W. Foster, Mr. and Mrs. A. H. Anderson, Mr. and Mrs. H. Oliver, Lieut. and Mrs. G. L. Clark, Lieut. and Mrs. A. Patterson.

The Friday Bridge club will meet Friday at the home of Mrs. C. S. Osborn, on Newman street. Mrs. John Francis Babbitt and Mrs. H. J. Albrecht, of the Eight Ohio Infantry, are entertaining this afternoon with a bridge party, at their home on Nations avenue.

Mrs. Fred C. Schneider was hostess to the members of the Ladies' Aid club Wednesday afternoon at her home on Talavera street. The first prize was won by Mrs. W. V. Laurent, the second by Mrs. F. A. Graves, and the third by Mrs. F. C. McClanahan. Mrs. F. T. Strother will entertain the club next week at her home on East Boulevard.

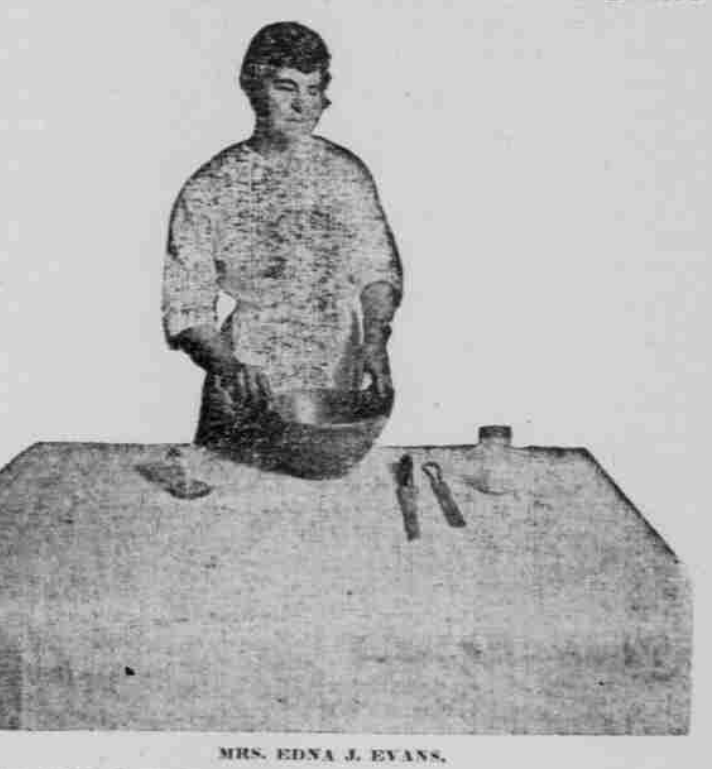
JOHN AND HENRY - BY COFFMAN



Mrs. A. Schwartz Has House Warming For Her New Home

A VERY delightful affair of Wednesday afternoon was the reception given by Mrs. A. Schwartz, as the housewarming of her handsome new home on Mesa avenue. The guests were met at the door by little Helen Zeilman and Alice Brunner. Receiving the guests with Mrs. Schwartz were Mesdames Joe Zeilman, A. S. Jacobs, Sol L. Berg and George Brunner. Refreshments were served in the dining room. Mrs. Frank Wells Brown and Mrs. Maurice Schwartz poured the tea. Assisting in the dining room and around the rooms were Mesdames R. E. Widdess, R. F. Mosson, Misses Ethel Brown, Katherine Dick, Ruth Schwartz, Lena Jacobs, Ethel Amstater, Helen Baye, Ethel Crawford and Alina Orndorff. The serving table was laid with a handsome damask cloth. In the center was a mammoth silver basket, filled with American Beauty roses. A big butterfly box of pink tied the basket handle. Pink candles, in soft gray with gray woodwork panels and white ivory ceiling.

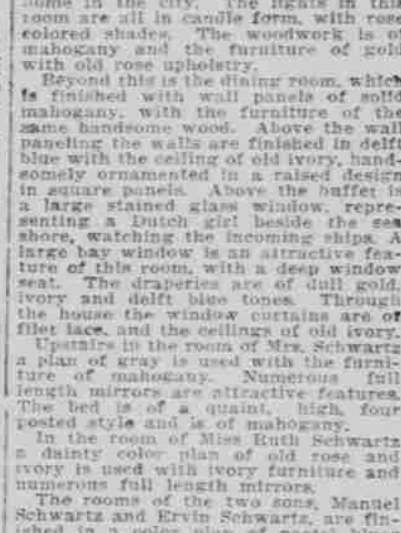
HERALD COOKING SCHOOL IS TO BE HELD AGAIN



MRS. EDNA J. EVANS is coming back. She will conduct the third annual cooking school under the auspices of the El Paso Herald, which will be held in the new Women's club building on Mesa avenue, opening Saturday afternoon, February 24, and closing on Saturday, March 2. The Herald cooking school of 1914 was a huge success. The cooking lessons every afternoon in the new Lanier building were attended by hundreds of women while the fashion displays in the evenings drew crowds which filled the capacity of the big store. This year, there will be even more room. The commodious auditorium of the new Women's club makes an ideal place for the school.

Mrs. Edna J. Evans is no stranger to El Paso. She conducted the first Herald cooking school in the ballroom of the El Paso del Norte two years ago and last year in the Lanier building. The school will be open every afternoon, Sunday excepted, the cooking lessons starting at 10 o'clock. As in previous years, there will be an orchestra to furnish music while a number of prominent El Paso merchants have already made application for booth space in the hall. Many women were unable to obtain admittance to the school last year, owing to the crowd. The larger space of the new Women's club auditorium will enable a larger attendance this year at all lessons. There will be 20 percent more chairs this year than last.

Which will it be?



Every Woman Dreads Washday

Why struggle through a hard, long, exhausting washday—when this great modern laundry, with its wonderful machinery, its great staff of expert workers, can relieve you, the moment you say the word, from this very disagreeable task?

There's nothing the painstaking housewife or the skilled laundress can do that we can't duplicate. We guarantee the same faultless results and at a saving in money. You gain an entire day besides for recreation and enjoyment. Hundreds of particular El Paso housewives vouch for the perfection of our workmanship. A trial will convince. Phone us now. Our downtown office at 207 Mills St., is for your convenience—USE IT.

El Paso Laundry

About El Pasoans.

Rev. father James H. Maloney is ill at Reolton hospital.

Mr. and Mrs. Sidney Mayer are the parents of a baby daughter, born at Hotel Dieu, Wednesday.

El Pasoans Away.

James Cook leaves tonight for New Orleans. Mr. and Mrs. H. W. Kitson left Wednesday night for Magdalena, N. M., where Mr. Kitson has mining interests.

Careless Use of Soap Spoils the Hair

Soap should be used very carefully, if you want to keep your hair looking its best. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is just ordinary unperfumed coconut oil (which is pure and greenish), and is better than the most expensive soap or anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp cool, moist, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get manifold coconut oil at any pharmacy, it's very cheap, and few owners will supply every member of the family for months—Adv.

CUTICURA HEALS INTENSE ITCHING

And Burning Rash on Body. Scratching Made Pimples, Blisters and Red Blotches. Lost Sleep. Face Disfigured. Cuticura Entirely Healed.

"A breaking out commenced on my face and kept spreading until it was nearly all over my body. It was a kind of a rash and the itching and burning were so intense that when I scratched there would be pimples, blisters and red blotches. I lost lots of sleep, and they disfigured my face."

"Then I sent for a free sample of Cuticura Soap and Ointment. It did me so much good I got a box of Cuticura Soap and Ointment. Now I am entirely cured." (Signed) T. K. Harmon, Pineview, N. C., Sept. 5, 1914.

While Cuticura Soap works wonders in all cases of skin troubles, its properties are so mild and so delicately combined that it is also ideal for everyday use in the toilet, bath and nursery. Cuticura Ointment used now and then as needed will do all and more than the majority of expensive creams do in keeping the skin soft, smooth and clear.

For Free Sample Each by Return Mail address post-card: "Cuticura, Dept. H, Boston." Sold everywhere.

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The World's Greatest External Remedy. Backache, Rheumatism, Lumbago—Any Local Pain. Instant Relief. ALLCOCK'S.

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516 MESA AVE. Regular school work for pupils of the first eight grades. Personal instruction in all grammar-grade, high-school, and college branches. VIRGINIA THOMAS, Principal.

Music—Dancing—Singing

Campbell's Cafe. Everything refined—Adv.

No Pain

By this new method we can take your impressions in the morning and the evening. \$20 SET OF TEETH \$7.50 Without Root.

Best made Bridge and \$5.00 Crowns. All Work Guaranteed in Writing for Ten Years.

NEW SYSTEM DENTAL PARLORS. Cor. El Paso and San Antonio Sts.—over Savings Bank—newly renovated. Old First Nat. Bank Bldg. Office hours, 8:30 a. m. to 5:30 p. m. Sunday hours, 9:30 a. m. to 11 a. m.

Two Lady Attendants. Spanish and German Spoken.

